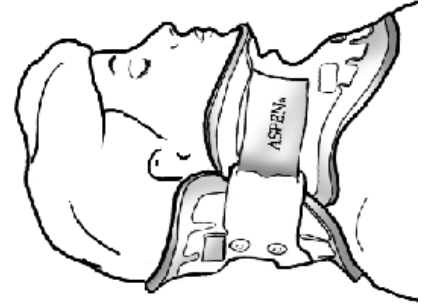
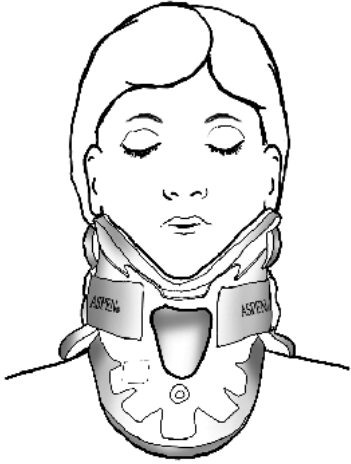


Aspen Cervical Orthosis

Cascade
Orthotics



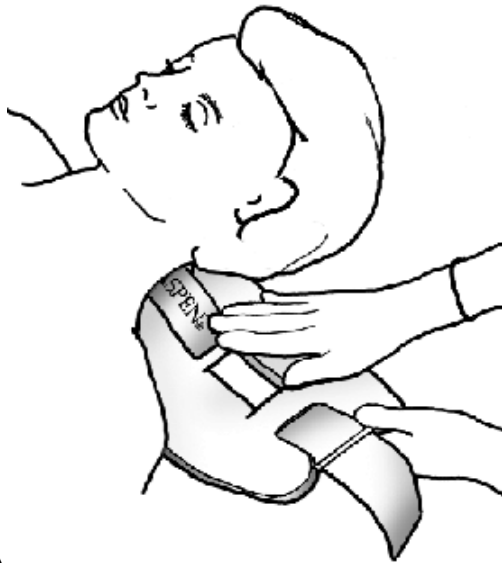
Please review this carefully.

Please call Cascade Orthotics for a follow-up appointment at our office no more than 2 weeks after your discharge from hospital or after initial fitting.

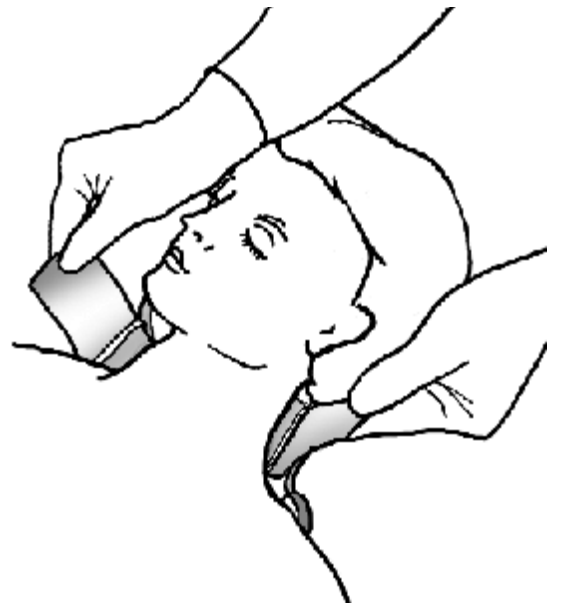
Collar Application

Please note there are **two different techniques** for collar application based upon your medical requirements.

- I. If you have injured your neck and have suffered a boney fracture or ligamentous injury and are being treated with an Aspen Collar, the following application protocols apply:
 1. Lay down flat on a flat surface **without a pillow** behind your head and have a family member or friend holding your head. Keep very still!
 2. A family member or friend shall push down into the bed, slide the back section of the collar under your neck and ensure it is centered. (*Figures A & B*)

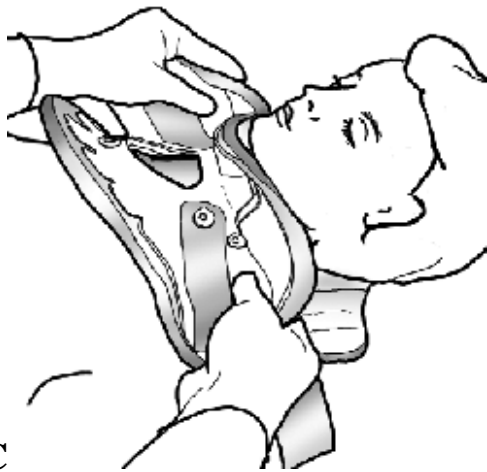


A



B

3. Slide the front section of the Cervical Collar under your jaw so that your chin comes to the front edge of the chin piece. (*Figure C*)
4. Wrap the hook section on one side around the neck (*Figure D*) and pull the loop Velcro to connect.

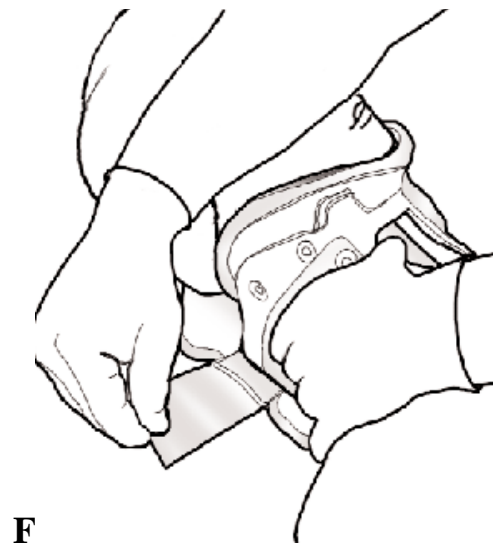


C



D

5. Connect the Velcro on both sides and fasten snugly. (*Figures E & F*)



- II. **If you have had neck surgery** and are being treated with an Aspen Collar, the same application protocols apply, except that it is not necessary to have a friend or family member hold your head while the collar is being changed.

Liner Replacement for the Post-Operative Patient

1. Before taking off the collar, gather the supplies you will need: soap, wash cloth, towel and replacement pads.
2. Note where the Velcro straps end on front of collar. This will help when the collar is re-applied and fastened during Step 7.
3. Lie down on a flat bed. Keep your head and neck straight and still. Release the Velcro on one side. Remove the collar and set it aside.
4. Use a wash cloth to clean your face and neck.
5. Rinse away soap and gently dry your skin.
6. Remove moist and/or dirty pads. If needed, clean and towel dry the plastic and Velcro. Attach the clean pads.
7. Re-apply the collar as noted above.

PAD REPLACEMENT SHOULD BE DONE WITH THE ASSISTANCE OF A SECOND PERSON IF THE ASPEN COLLAR IS THE PRIMARY TREATMENT FOR A NECK FRACTURE.

Motion Restrictions

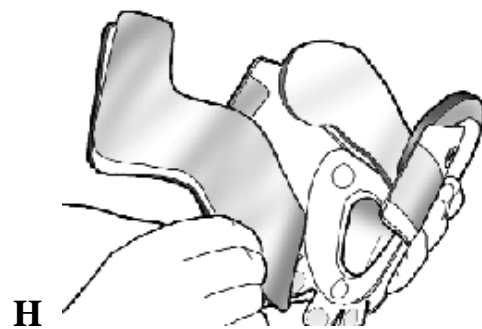
Keep your head and neck as still as possible this is an important part of healing process. The Aspen Cervical Collar is designed to help in the process. Keep your collar on and properly fastened at all times. Remove it only to wash, unless given other instructions from your Physician.

Proper Skin Care

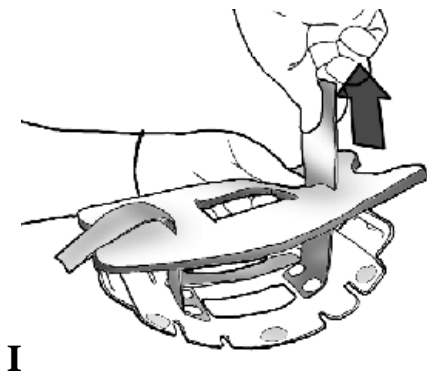
Pressure, moisture, heat and dirt can all lead to skin irritation. To avoid this, keep the skin clean, dry and cool. At least once a day, remove the collar and wash your neck and face. At this time, moist or soiled liners should be changed. Check with your Orthotist on how to keep your head and neck still while collar is off. If you notice any skin redness or sores, call your Orthotist.

Pad Replacement

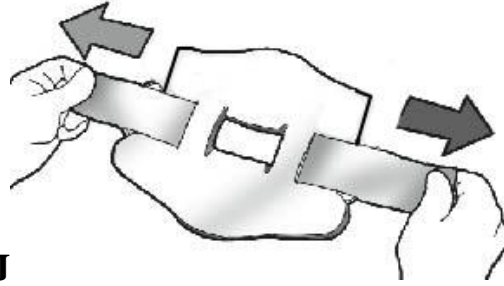
Adjust pads so the gray side grips Velcro dots. Pads must cover the edges of the plastic. If not, move the pad to keep the plastic from touching your skin. (*Figures G & H*)



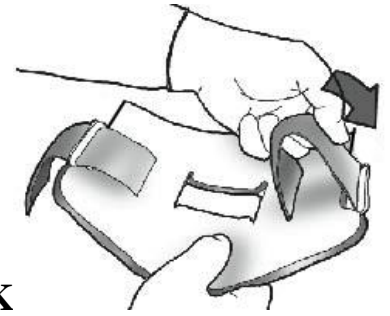
To change the back pad, push the Velcro straps through the slits in pad then through slots in outer edge of the plastic. (*Figures I, J & K*)



I



J



K

Pad Cleaning

Pads are **NOT** disposable. Hand-wash the pads in warm, soapy water. Rinse out all soap thoroughly. Gently squeeze out all of the excess water and lay flat to dry. Allow to dry. **DO NOT** machine wash or dry. Re-apply only thoroughly dry pads.

Cascade
Orthotics

2636 Parkdale Blvd. NW Calgary, AB T2N 3S6

Phone: (403) 283-7872

www.cascadeorthotics.com